

REKINDLING

from BURNOUT

The links below were compiled to create self-care ideas for all of us who will be handling the increased stress that the covid-19 has caused and will continue to cause for our staff, colleagues, and families.

Stay Active:

- [NY Times Well Workouts](#)
- [Work from home stretches](#)
- [Connect your mind and body](#)

Calm Your Anxiety:

- Vibrant Emotional Health's [Staying in Balance Toolkit \(PDF\)](#) - healthy solutions for managing workplace stress, plus lots of helpful resources.
- TED Talk "[Beyond the Cliff](#)" by [Laura van Dernoot Lipsky](#) - the author of *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* speaks about the toll of our work and recognizing the importance of presence.
- [Provider Resilience app](#) - developed by the National Center for Telehealth & Technology, originally created for providers who work with service members and veterans; monitor your professional quality of life over time.
- A [Morning MeditOcean](#) from the Monterey Bay Aquarium. An audio meditation with a video of Jellyfish.
- A [healing and relaxation playlist put together by QuestLove](#) on Spotify to "calm us down... help with anxiety and inner voice panic" during this time. Requires a Spotify free account.

Take Poetry Breaks:

- [won't you celebrate with me, Lucille Clifton](#)
- [A Center, Ha Jin](#)
- [Emplumada, Lorna Dee Cervantes](#)
- [Wild Geese, Mary Oliver](#)
- [Different Ways to Pray, Naomi Shihab Nye](#)
- [On First Seeing a U.S. Forest Service Aerial Photo of Where I Live, James Galvin](#)
- [After the Spring, W. S. Merwin](#)
- [Our True Heritage, Thich Nhat Hanh](#)
- [Six Poems, Jack Spicer](#)

Although steps are necessary to slow the spread of this virus, social isolation has an enormous effect on our mental health and wellbeing. Reach out to each other, check in, and find ways to stay connected. Even without our branches open, we remain a community of generous, supportive, and thoughtful colleagues. Be well and take care.
-Abby, Adeeba, Adwoa, Alicia, Cassie, Iman, Kat, Lawrence, Rachel, and Tim.

